

## Core Skills Analysis

### Physical Education

- Giselle and Christian learned about the importance of physical exercise and its impact on overall well-being through the home workout documentary.
- They discovered various workout routines that can be done at home without the need for specialized equipment, emphasizing accessibility to physical activity.
- The documentary helped them understand the significance of setting personal fitness goals and tracking progress to stay motivated in their exercise routines.
- They gained insights into the connection between physical fitness and mental health, realizing the benefits of regular exercise on mood and stress levels.

### Tips

Engaging in regular physical activity not only improves physical health but also boosts mental well-being. To enhance learning from the history 101 documentary-home workout, encourage students like Giselle and Christian to explore different types of exercises such as yoga, dance, or outdoor activities. Setting achievable fitness goals, creating a workout schedule, and seeking peer support can make exercising more enjoyable and sustainable. Additionally, incorporating healthy eating habits and proper hydration complements physical workouts for overall fitness improvement.

### Book Recommendations

- [Strong Girls Can: A Brief History of Women in Sports](#) by Kanya Daley: This book explores the journey of women in sports, inspiring young readers to celebrate gender equality and empowerment through physical activities.
- [The Boys Who Challenged Hitler: Knud Pedersen and the Churchill Club](#) by Phillip Hoose: A captivating true story of young Danish resistance fighters during World War II, showcasing courage and determination in the face of adversity.
- [Dare to Disappoint: Growing Up in Turkey](#) by Ozge Samanci: An illustrated memoir depicting a young girl's struggles and triumphs, highlighting the importance of resilience and perseverance in pursuing personal goals.